

1



WALL SQUATS

Leaning up against a wall or closed door on your back, slide your body downward and then return back to upright position.

A door was used here because it was smoother and had less friction than the wall.

Knees should bend in line with the 2nd toe and not pass the front of the foot.

Repeat 3 Times
 Hold 1 Minute
 Complete 1 Set
 Perform 3 Time(s) a Week

5



Single Leg Bridging

Slowly lift your bottom pushing through your foot, until your knee, hip and shoulder are in a straight line. Tighten your bottom muscles as you do this.

Repeat 10 Times
 Hold 2 Seconds
 Complete 2 Sets
 Perform 3 Time(s) a Week

2



SINGLE LEG SQUAT

Stand on involved foot while placing uninvolved foot in a chair (picture 1) or on a low table. Keep back flat during the entire exercise. Slowly lower weight by bending front (involved) knee (picture 2). This knee should not bend beyond the end of the toes/foot (as pictured with dotted line).

Repeat 10 Times
 Complete 2 Sets
 Perform 3 Time(s) a Week

6



Curtsy Squat

Stand on edge of step with outside of foot at the edge

Step behind with opposite foot and tap floor with your toe

Keep your squatting knee behind your toe, and keep hips level

Repeat 10 Times
 Complete 2 Sets
 Perform 3 Time(s) a Week

3



Sidelying hip abduction (sidelying wall slides)

Side lying hip Abduction: Lay on Left side, slide Right leg up the wall. Hold for 2 seconds, lower in 4 seconds. Keep toe pointed straight forward, hips and heel against wall.

Repeat 10 Times
 Complete 2 Sets
 Perform 3 Time(s) a Week

7



Lateral Balance Lunges

Start about 1 foot away from landing surface, take a small leap sideways and land on one leg that is slightly bent at the knee and hip. Absorb the landing with muscles.

Control your knee and foot in line with one another. Keep your buttocks, back, and your chest up tall.

Repeat 10 Times
 Complete 2 Sets
 Perform 3 Time(s) a Week

4

Standing Clamshells

Standing Clamshells

1. Standing/balancing on one leg with your hands resting on your hip, slowly lift your other leg away from your body (with knee bent)
2. Rotate hip outwards
3. Do until fatigue on each leg twice a day

Repeat 15 Times
 Hold 5 Seconds
 Complete 2 Sets
 Perform 3 Time(s) a Week

8



SIDESLIDERS

Start with your feet side-by-side and one foot on the slider. Move the foot on the slider straight out to your side while you are squatting directly over your stance leg. Pushing through your stance heel and putting as little weight on the sliding foot as possible, return to the starting position.

NOTE: Your stance knee should not be extending out past your toes and should stay pointing straight forward, not collapsing toward the middle.

Repeat 10 Times
 Hold 1 Second
 Complete 2 Sets
 Perform 3 Time(s) a Week



Home Exercise Program

Created by Emily Haglage Apr 6th, 2015

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9



BACKSLIDERS

Start with your feet side-by-side and one foot on the slider. Move the foot on the slider directly behind you until you reach the end position, as shown in the image. Pushing through your stance heel and putting as little weight on the sliding foot as possible, return to the starting position.

Repeat 10 Times

Hold 1 Second

Complete 2 Sets

Perform 3 Time(s) a Week

NOTE: Your stance knee should not be extended out past your toes and should stay pointing straight forward, not collapsing toward the middle.

10



CONE TAPS - SINGLE LEG STANCE - UNSTABLE

Place 5 cones or cups around you as shown. Balance on an unstable surface such as a foam pad with a slightly bent knee. Holding a ball, lower yourself down to tap the top of a cone with the ball. Return to original position and repeat touching a different cone. Keep both hands on the ball the entire time.

Complete 1 Set

Perform 1 Time(s) a Day

Advance exercise with smaller cones/cups and or faster speed.



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